

## **ABSTRACT OF THE DISCLOSURE**

In a method of controlling a cooking process, at least two temperature values are picked up by a cooking process sensor which is adapted to be stuck at least partly into food to be cooked. Specific parameters of cooking food and/or cooking utensils are determined via the thermo kinetics of the temperature values registered, and the specific cooking food and/or cooking utensil parameters determined are utilized for controlling the cooking process. The invention likewise relates to a cooking process sensor for use with the method according to the invention.

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